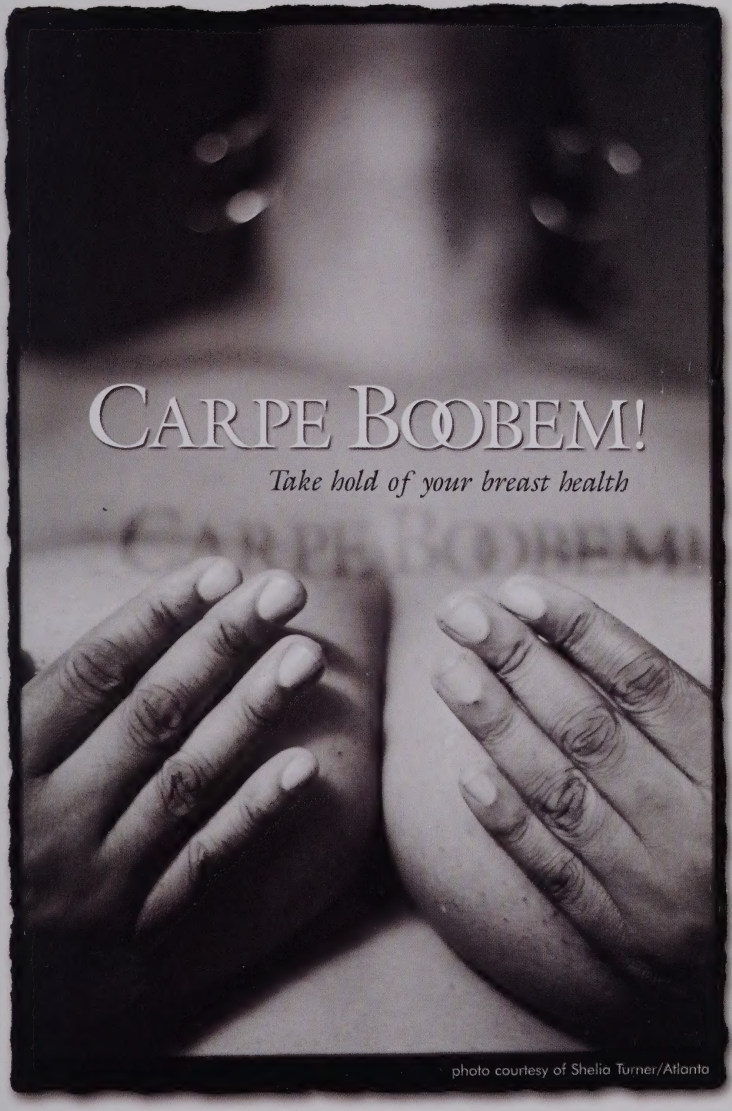
CARPE BOOBEM!
Take hold of your breast health
photo courtesy of Shelia Turner/Atlanta

CARPE BOOBEM!

Seize the Boob!

HERE IS WHAT **ALCI** WANTS YOU TO KNOW ABOUT KEEPING YOUR BREASTS HEALTHY...

- **Breast Self-Exam** – Touch your breasts **once a month**, beginning at age 20. Get to know what your breasts feel like so you can detect any unusual changes.

- **Clinical Breast Exam** – Visit your healthcare provider **every year** for a breast exam. A trained healthcare provider can identify any lumps missed by a breast self-exam.

- **Mammogram** – Women age **40 and older** should have a screening mammogram **every year**.

If you detect unusual changes in your breasts, please contact your healthcare provider. To find a lesbian, gay and bisexual friendly healthcare provider, please visit **www.alci.org** or call (404) 688-2524.

ALCI

Atlanta Lesbian Cancer Initiative cares...

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